

The Push For Highly Toxic Cacao and Chocolate (And The Deadly Plant-Based Agenda)

By Joachim Bartoll | Jul. 8th, 2024

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Everything that the elites and the industry want to condition you with comes and goes in cycles — and it gets repeated over and over again with a few years apart. Usually the topic returns after they've run a fake study they funded, or by the "news" of a start-up company that they also funded themselves, a company that is doing "something different." It's all part of the same agenda though; that of keeping the population sick, weak and docile by slowly poisoning us with plant-based edibles. As you should know by now, humans are obligate hyper carnivores. We can only get the nutrition we need from animal-based foods, and anything from the plant-kingdom is highly toxic and damaging to our physiology. This is indisputable and they know this, and they use this against us, usually leaning back on the UN's Agenda 2030 and the deceitful lies about "sustainability" and the "climate hoax."

They know that the large masses will continue to consume toxic highly processed crap like chocolate no matter what, as they have no clue about food or what we are supposed to eat as a species. And those into "health" are mostly afraid of sugar and fat — but are totally unaware of toxins such as carbohydrates as a whole, the extremely toxic seed/vegetable oils, all the antinutrients, defense chemicals, and pesticides. So, by targeting this group with lies about phytonutrients and flavonoids, they can keep them poisoned and sickly as well, especially if they can get them to gravitate towards the extremely useless and toxic plant-based alternatives while demonizing animal-based foods, our only source of real nutrition.

And this takes us to another push for the ultimate slave "comfort food" of chocolate, which has been trending once again among several government-

funded “health” websites, bro-science fitness websites, and health websites run by shills and controlled opposition, such as Dr. Axe.

So, recently, [Muscle & Fitness](#) published an article by the clueless Scott ‘Future’ Felstead on the topic of [a “healthier chocolate.”](#) Well you dimwit, something that comes from the plant kingdom and is full of sugars, rancid unsaturated fats, antinutrients, defense chemicals, and pesticides can never be healthy, no matter what you do. It might become slightly less toxic if you remove some of the poisonous substances, but it will still be damaging and something you should never consume.

This “health and fitness reporter” begins his article with the following “classic” statement.

“Fitness is all about balance and that means some of the foods we love, like a dreamy chocolate bar for example, will often find a way into our mouths and hearts. But what if we could indulge in chocolate with a little less guilt?”

If you for some reason love toxic food such as chocolate, you have a very unhealthy and damaged relationship with food. Actually, this relationship has been put in place by the conditioning of the food industry, as no normal human in nature would ever come across chocolate or any other man-made processed toxic garbage. All these ‘addictive’ foods have been carefully put together for exactly that purpose. The toxins cause acute poisoning, putting you in a fight or flight response with heightened awareness and what people refer to as a buzz or energized feeling, which is of course the result of adrenaline and other hormones as your body perceives danger and also increases blood flow and other ways to assist detoxification. Then you have the “kick” from sugars and fats, which also stimulates the reward center in the brain. However, this effect usually wears off and you’ll need to consume more and more to achieve it. Same with the acute poisoning from elevated blood sugar which makes you want to move around more to burn some of it as energy. I’ve covered the extreme dangers of [consuming carbohydrates](#), as in sugars, many times, and how [blood glucose](#) damages our soft tissues. Please check my [“Quick Start Nutrition Archives”](#) and the section “Carbohydrates” for more.

So, no. There is nothing healthy or “fitness” by indulging toxic slave foods. It simply shows that you’ve been successfully programmed by your slave masters. Now, on a positive note, if you actually care about your health, life quality, and longevity and transition to our natural human species-appropriate, species-specific carnivorous diet of animal-based foods, all these “cravings” will disappear within a few months as you get fully nourished and your taste buds get reprogrammed and return to their natural state — where you actually will be able to taste the toxins in plant-based foods and how awfully bitter vegetables are and how extremely sweet and chemically enhanced processed food taste.

When you’ve been eating according to your species for a while and you try something like chocolate again, you will almost throw up in disgust. Actually, just thinking about chocolate, sodas, cookies, bread, and such toxic vile stuff makes you feel nauseated. Now, that is a healthy and natural relationship to food, when you once again instinctively know what is good and what is bad.

“Traditional chocolate makers only use the beans, but researchers were able to use the shell, which is crushed into a powder and then mixed with the pulp to make a kind of cocoa gel. It turns out that this resulting product is extremely sweet and can therefore replace the added sugar usually found in chocolate confectionery.”

As you likely know, the most toxic part of any plant are the seeds followed by the leaves, the fruits, the stems, the flowers, and the roots. Yes, everything in a plant, or a vegetable, a legume, or a fruit, is extremely toxic, but the highest concentrations are always found in the seeds, as in beans, as in a ‘cacao bean’ used to make cacao and chocolate.

Now, the shell is simply another layer of protection, while not as toxic as the seed, it does contain the very toxic theobromine, a methylxanthine that can easily kill some animals and do a lot of damage to humans. It contains polyphenols, as in highly toxic defense chemicals, that have a phytotoxic activity made to kill bugs and other organisms that try to consume the beans. The shell also contains a lot of toxic heavy metals and, of course, a lot of antinutrients as

that is the way a plant binds minerals and other nutrients used for its growth — rendering them useless for anyone trying to consume it.

And let's not forget that both the bean and its shell contain a lot of cadmium, which is highly toxic to humans. In fact, it's also toxic to plants, and that is why cacao plants have a unique defense mechanism to store cadmium in Ca-oxalate crystals (an antinutrient.) And yes, some of these ca-oxalate crystals break down in digestion, releasing cadmium and also oxalates, which there is already a lot of in cacao. However, in the shell, the cadmium is not bound and even more easily absorbed in our bodies. Not a pretty picture.

Cadmium is mainly found in the shell of cocoa beans, according to a study published on the FCCI website.

So, in all honesty, I would not be so sure that mixing some cacao pulp with powder from the shell to make a “cocoa gel” is less toxic than pure cacao powder. Sure, you might be able to reduce the sugar content if you make chocolate from it, as reducing the carbohydrates, which is a good thing, but it's still a toxic shitstorm that will damage your body severely every time you ingest it. And again, this mixture will be much higher in cadmium.

And that brings us to Dr. Axe and an article by Jillian Levy, CHHC (as in “Certified Holistic Health Counselor,” which can be translated to a “Complete Holistic Health Charlatan.”)

“There’s nothing like cozying up to the fireplace in the winter with a frothy cup of hot chocolate. And thanks largely to this cold weather favorite, we’re all familiar with cocoa and other forms of healthy dark chocolate — but what about cacao nibs?”

And there we go again, the same play on fake conditioned emotions and guilty treats. Are you related to Scott ‘Future’ Felstead by chance? Seriously though, there is no such thing as “healthy dark chocolate,” you quack!

“Real, organic, raw cacao is a superfood containing a variety of unique phytonutrients, including high amounts of flavonoids, sulfur, magnesium and phenylethylamine. Believe it or not, cacao nibs are one of the best sources of polyphenols and have more antioxidant activity than tea, wine, blueberries and even goji berries.”

The indoctrination, the brainwashing, and the stupidity is very strong in this one. Again, phytonutrients and flavonoids are highly poisonous defense chemicals, compounds made by plants to defend themselves from being eaten and destroyed. These compounds are made to inflict cellular damage, to sterilize, and even kill the organism trying to consume the plant. All this is explained in the field of biology.

Phytonutrients and flavonoids are plant defense chemicals that have evolved to protect plants from herbivores, pathogens, and even humans. These compounds are produced by plants as a response to environmental stress, injury, or attack, and they play a crucial role in defending the plant against potential threats.

Phytonutrients and flavonoids can cause harm to herbivores and pathogens in several ways. They can:

- **Hurt:** Inhibit the growth and development of herbivores, making it difficult for them to digest plant material or reproduce.
- **Sterilize:** Interfere with the reproduction of pathogens, preventing them from spreading and causing disease.
- **Kill:** Be toxic to herbivores and pathogens, ultimately leading to their death.

I've explained this and how they interfere with the healing process, forming an illusion that they helped with the symptoms, many, many times. If you're new to this, please follow the links.

And the fact that you claim that it has more “antioxidant properties” as in “defense properties” than tea, blueberries and goji berries simply means that raw cacao is even more toxic than these vile foodstuffs! That is not something to brag about, you stupid lady. That is very, very bad!

Phytonutrients and flavonoids, found in plants, have antioxidant properties that can potentially harm herbivores and humans, as well as damage cells. These compounds are designed by plants to protect themselves from pathogens, insects, and other environmental stressors.

Potential Harm to Herbivores and Humans

Herbivores, such as insects and animals, can be affected by the antioxidant properties of phytonutrients and flavonoids. For example, some plants produce toxic compounds that can harm or even kill herbivores that feed on them. Similarly, humans can be affected by the antioxidant properties of phytonutrients and flavonoids, particularly if they consume excessive amounts.

Cell Damage

The antioxidant properties of phytonutrients and flavonoids can also damage cells. For instance, some studies suggest that high levels of antioxidants can inhibit the body's natural antioxidant defenses, leading to cell damage and potentially even cancer.

And as for sulfur, magnesium and other minerals, these are all bound up in the fiber and the antinutrients. You will not absorb more than a few measly percent of it. And at what cost? Being severely poisoned with a lot of cellular damage. You will get more minerals from a slice of meat or a teaspoon of bone marrow than from a whole pound of cacao, and that without any toxins at all.

“Cacao, or theobroma cacao, is the source of dark, natural chocolate. It comes from the seeds of the fruit of the cacao tree, which has been prized throughout history.

In fact, theobroma cacao is said to mean “food of the gods,” and many experts consider cacao to be a “superfruit.”

Yes, I used to believe this too when I still was indoctrinated by 20+ years of studying the vile pseudo-science of nutrition and modern medicine. Between 2012 and 2016 I consumed a lot of cacao nibs, vegetable- and fruit powders, nuts and seeds to get these “phytonutrients” that I had been deceived into believing had some positive effects. Well, in 2017 I got several tumors and in 2018 my organs almost shut down. What saved my life was transitioning to our natural

human species-appropriate, species-specific carnivorous diet combined with some dry fasting. Since then I haven't touched anything plant-based and not only did my body break down the tumors and healed my organs, it also healed my allergies, my life-long asthma, and I went from being sick 3 to 4 times a year to not having been sick in 6+ years and counting. My biological age at 50 is now back in the 30's and I'm thriving.

So no, none of these toxic plants are to be considered "superfoods," that is a misconception from misunderstanding the extreme poisonous properties of phytonutrients and flavonoids and how they affect our physiology, as I mentioned and linked to earlier. Everything within nutrition and modern medicine is backwards, that is how they keep you sick and coming back for their help, how they keep you a customer for your shortened life.

If my nutrition archives aren't enough, and you need advice or help with health issues or with transitioning to our natural species-appropriate carnivorous way of eating, I'm available for both coaching and consultation.

Online-Coaching

Personalized Animal-Based Coaching Guides

Joachim at 50-years-old

<https://bartoll.se/2024/07/cacao-is-toxic/>